

**FOOD PACKAGE AND METHOD FOR
HEATING A FOOD PACKAGE****ABSTRACT OF THE DISCLOSURE**

The invention relates to a package for containing a plurality of products for heating, comprising: a container, manufactured from a material for once-only use, provided with at least two compartments shielded from the environment, and at least one passage opening arranged in the package for a medium for reducing an overpressure in the package, wherein the pressure in the compartments can be maintained at different levels. The invention further relates to a method for heating a plurality of products for heating placed in a single container to different temperatures using a heating source.